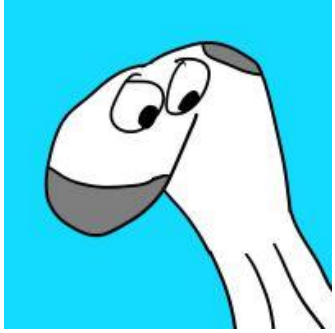


Alert and Engaged

What does it mean to be alert and engaged?

What part of your brain are you using?

What does your puppet look like when he/she is alert and engaged?



Puppet Introductions



1. Introduce your puppet to your partner
2. Ask your partner questions about his/her puppet
3. Give your partner suggestions to help improve his/her Puppet

Describe your puppet

Energy - High Energy

What would your puppet look like, act like and say if he/she had HIGH energy?

Give an example of what your puppet is doing when he/she has HIGH energy.

Energy - Low Energy

What would your puppet look like, act like and say if he/she had LOW energy?

Give an example of what your puppet is doing when he/she has LOW energy.

Feeling - Negative Emotions

What would your puppet look like, act like and say if he/she was having negative feelings?

Give an example of what your puppet is doing when he/she feels unpleasant.

Feeling - Positive Emotions

What would your puppet look like, act like and say if he/she was feeling pleasant?

Give an example of what your puppet is doing when he/she feels pleasant.

Scenario #1

It is pouring rain outside and you hear the double bell ring (inside day). You and your classmates will stay inside at recess and at lunch. You eat, then play with your friends. At 12:58, the lunch bell rings and it is time to sit at the carpet and listen to a story.

Think about...

1. How is your puppet feeling?
2. How is your puppet showing his/her emotions?
3. What self-regulation strategies could your puppet use to be more alert and engaged?

Scenario #2

Your teacher has been talking forever. You and your classmates have been sitting at the carpet for about 40 minutes. Your teacher just keeps talking, then reading, then talking some more. Your legs hurt because you have been sitting criss-cross at the carpet the whole time.

Think about...

1. How is your puppet feeling?
2. How is your puppet showing his/her emotions?
3. What self-regulation strategies could your puppet use to be more alert and engaged?